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## A STUDY ON AWARENESS OF THE PHYSICAL ACTIVITY AND ITS CONTRIBUTION TO THE WELL BEING OF WOMEN FACULTY MEMBERS

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### ABSTRACT

In this technological era, most of the jobs are associated with sedentary lifestyle. The teaching profession often requires mental skills compared to physical skills. Due to hectic job commitments, faculty members spend less time on their physical activity. This study finds the awareness of the physical activity and its contribution to the well being of women faculty members. Descriptive research design has been adopted and convenience sampling method was used. The data was collected through online survey. The completed questionnaire received was 65. Analysis was done with the help of SPSS. The findings of the study were that different age group of respondent find different ways to be physically active in life. The time spent for physical activity may vary between single and married women. The study suggested that physical activity can be involved with fun and enjoyable through aerobics, dances, gardening, playing with kids, walking with friends etc., Exercise not only helps to be physically active but also increases the job performance in the workplace.

**Keywords:** *Sedentary lifestyle, physical activity, job performance, workplace, faculty members.*

### 1. INTRODUCTION

One of the contributors of lifestyle- physical activity has been changed drastically. People allocate scheduled time for their routine activities such as career work, household job and social network as compared to their physical activity. Physical activity means any movement of our body that result in an increased use of energy. This can include leisure activities as well as work. If an individual involves in physical activity regularly following benefits are felt:

- ❖ Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, etc.
- ❖ Improves bone and health
- ❖ key determinant of energy expenditure, and thus fundamental to balance energy and weight control

According to WHO, Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure.

According to WHO, Physical inactivity is approximately estimated to be the main cause for 21–25% of breast and colon cancers, 27% of diabetes and 30% of ischemic heart disease burden.

Physical activity helps to promote a healthy lifestyle. Participation in physical activity declining nowadays due to various roles played by faculty members in their lifetime. They act the role what is expected of others and reduce to think about their life and health. After past of some period they start to realise about them, that period of time physical activity becomes more difficult for them. The purpose of the study is to create awareness about physical activity at a continual level which helps to enrich their health as well as career.

**Goud, Pamidi et.al (2014)** conducted a study in Melaka Manipal Medical College, Manipal Karnataka India in 2010 on the awareness of physical activity among the faculties. The sample size was 45 faculty members. The result revealed the most of the faculties were using cars and bikes for their regular travel to the workplace. The nature of the job involves less physical activity. It was suggested that infrastructure improvements such as sports activity in college among faculties with regular exercise help to reduce obese and non-communicable diseases.

**Jacob Drannan (2016)** in his study tried to find the relationship between Physical Exercise and Job Performance. The objective is to find the mediating effects of subjective health and good mood on the relationship of an individual's job performance as a result of the physical exercise in Baltimore County,



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Maryland, United States. The researcher adopted convenient sampling method of the general workforce population of men and woman in Baltimore County, Maryland in the United States. The questionnaire covers five areas such as (1) Physical Exercise (2) Job Performance (3) Mood (4) Subjective Health (5) Demographics. The result revealed that female participants tend to have a good mood, enjoyed good subjective health and performed well in their jobs. Correlation results indicated that there is a positive relationship between Physical exercise and job performance, Physical exercise and job performance with the mediating effect of subjective health and Physical exercise and job performance with the mediating effect of good mood. Finally, it was suggested with a solution to business owners and managers to encourage employees to engage in physical exercise and thereby increase job performance.

### Objectives of the study

To study the awareness of physical activity and its importance for healthy living.

To identify the techniques followed by being physically active and healthy.

To suggest measures for better living through physical activity.

### Hypotheses testing:

H<sub>0</sub>: There is no significant difference between the age group of the respondents and importance given to physical activity.

H<sub>0</sub>: There is no significant difference between the marital status of respondents and time spent for physical activity.

H<sub>0</sub>: There is no association between the age group of respondents and frequency of involving in physical activity.

H<sub>0</sub>: There is no significant relationship between the marital status of the respondents and weight management.

H<sub>0</sub>: There is no association between the age group of respondents and time spent for physical exercise.

## 2. RESEARCH METHODOLOGY

### Research Design:

In this study, the researcher used Descriptive research design. This design covers the characteristics such as age, marital status, experience etc. Qualitative nature of data is also collected like attitude, beliefs and opinion of the respondents.

### Sampling Method:

The researcher used convenience sampling method adopted for this study.

### Area of study:

The study conducted among college faculty members at vellore and restricted to women respondents.

### Sample Size:

The size of the sample for this study is 65.

### Data collection:

Online survey method is used for this study to collect the information from faculty members through structured questionnaire.

### Data analysis:

The tools used for this study are t-test, Anova, Chi-square, Mann-Whitney, Rank. It brings meaning interpretation and conclusion to the study. SPSS 20 version tool is adopted for analysis.



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## 3. ANALYSIS AND INTERPRETATION

**TABLE 1: Demographic Profile**

DEMOGRAPHIC PROFILE		NO.OF RESPONDENTS	PERCENTAGE
AGE	Less than 24 Years	7	10.8
	25-34 Years	37	56.9
	35-44 Years	21	32.3
	TOTAL	65	100.0
MARITAL STATUS	SINGLE	21	32.3
	MARRIED	44	67.7
	TOTAL	65	100.0
EXPERIENCE	Less than 5 Years	35	53.8
	6-10 Years	14	21.5
	11-15 Years	9	13.8
	16-20 Years	7	10.8
	TOTAL	65	100.0

From the above table, it revealed that 56.9% respondents belong to the age group of 25- 34 years of age, followed by 67.7% of respondents was married, 53.8% of respondents possess less than 5 years of experience as teaching faculty in various colleges at Vellore. None of the respondents belongs to the age group of 45-54 years and above 55 years. There are no respondents with more than 21 years of experience.

**TABLE NO 2: Age group of the respondents and importance are given to physical activity**

Test applied: ANOVA

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
< 24 Years	7	2.43	.535	.202	1.93	2.92	2	3
25-34 Years	37	2.00	.745	.123	1.75	2.25	1	4
35-44 Years	21	1.57	.746	.163	1.23	1.91	1	3
Total	65	1.91	.765	.095	1.72	2.10	1	4

**Table 2(a) Test Statistics**

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	4.589	2	2.295	4.330	<b>.017</b>
Within Groups	32.857	62	.530		
Total	37.446	64			

The above table reveals that p-value 0.017 is less than 0.05, so the null hypothesis is rejected. Hence it is concluded that different age group have the different degree of importance of physical activity.

**Table 3: Marital status of the respondents and time spent for physical activity**

Test applied: t-test

	Marital status	N	Mean	Std. Deviation	Std. Error Mean	sig
Time spent on physical activity	Single	21	1.71	.717	.156	<b>.027</b>
	Married	44	2.18	1.334	.201	



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Since the p-value is .027, which is less than 0.05, the null hypothesis is rejected. Hence it is concluded that time spent for physical activity may vary between single and married women. It is suggested to have full involvement of the family in physical activity for a particular period of time in a day or a week. So that total family can stay fit.

**Table 4: Association between the age group of respondents and frequency of involving in physical activity**

Test Applied: Chi-Square Tests

Age group	The frequency of involving in physical activity					Total
	Always	Often	Sometimes	Rarely	Never	
Less than 24 Years	1	1	5	0	0	7
25-34 Years	9	10	12	6	0	37
35-44 Years	12	1	6	2	0	21
Total	22	12	23	8	0	65

**Table No: 4(a) Chi-Square Tests**

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.211 <sup>a</sup>	6	<b>.040</b>
Likelihood Ratio	13.949	6	.030
Linear-by-Linear Association	3.296	1	.069
N of Valid Cases	65		

The above table reveals the p-value is 0.04, which is less than 0.05. So, null hypothesis rejected at 5% level. Hence it is concluded that there is an association between the age group of respondents and frequency of involving in physical activity. The finding reveals that frequency of involving in physical activity is less. It is suggested that 'Self-awareness' to be created among all age group to avoid sedentary lifestyle by reducing the involvement in social networks, video games, watching T.V etc.,

**TABLE NO 5: Cross tabulation between the age group of respondents and the gym users**

Age group	Gym users					Total
	Always	Often	Sometimes	Rarely	Never	
Less than 24 Years	0	1	5	0	1	7
25-34 Years	3	4	15	5	10	37
35-44 Years	3	0	7	4	7	21
45-54 Years	0	0	0	0	0	0
Above 55 Years	0	0	0	0	0	0
Total	6	5	27	9	18	65

The above table reveals, out of 37 respondents in the age group of 25-34 years 15 respondents sometimes go to Gym.

**Table No: 6 Marital status of the respondent and weight management**

TEST APPLIED: Mann-Whitney U test

Weight Management	Marital status	N	Mean Rank	Sum of Ranks
	Single	21	42.71	897.00
	Married	44	28.36	1248.00
	Total	65		

From the above table, it is revealed that the mean rank of the single is 42.71 which is the highest record and mean rank for married is 28.36 which is the lowest record for weight management.



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**Table No: 6(a) Test Statistics**

	Maintains weight
Mann-Whitney U	258.000
Wilcoxon W	1248.000
Z	-3.023
Asymp. Sig. (2-tailed)	<b>.002</b>

The table reveals the P value as .002, which is less than 0.05. So, null hypothesis is rejected. The finding reveals that it is difficult to manage weight by married women due to childbirth and family commitments. . It is suggested to 'plan' physical activity for a particular period of time, work out and find ways to achieve the plan

**Table No 7: Cross tabulation between the age group of respondent and physical activity that reduce the health-related issue**

Age group	Physical activity reduces the health-related issue					Total
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Less than 24 Years	4	2	1	0	0	7
25-34 Years	19	15	3	0	0	37
35-44 Years	13	4	4	0	0	21
45-54 Years	0	0	0	0	0	0
Above 55 Years	0	0	0	0	0	0
Total	36	21	8	0	0	65

The above table reveals that out of 37 respondents under that age group of 25-34 years, 19 respondents strongly agree that physical activity reduces the health-related issue.

**Table No 8: Association between age groups of the respondents and time spent for physical activity**

Test Applied: Chi-square test

Age group	Time spent on physical activity					Total
	Less than 15 minutes	16-30 Minutes	31-45 minutes	46-60 minutes	Greater than 1 hour	
Less than 24 Years	3	4	0	0	0	7
25-34 Years	15	17	5	0	0	37
35-44 Years	8	3	2	3	5	21
45-54 Years	0	0	0	0	0	0
Above 55 Years	0	0	0	0	0	0
Total	26	24	7	3	5	65

The above cross tabulation reveals out of 37 respondents under the age group of 25-34 years 17 respondents spend 16-30 minutes of time for physical exercise per day.

**Table No: 8(a) Chi-Square Tests**

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	22.346 <sup>a</sup>	8	.004
Likelihood Ratio	25.122	8	.001
Linear-by-Linear Association	8.792	1	.003
N of Valid Cases	65		

Since the p-value is 0.004 which is less than 0.05, the alternate hypothesis is accepted. Hence it is concluded that time spent for physical exercise varies between the different age group of respondents.



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**TABLE NO: 9 Ranking of preference in weight management through food**

Options	Mean Rank	RANKS
Food intake with fewer calories	3.19	1
Avoid fatty food	3.08	3
Intake of food 2hrs before food time	2.95	4
Food take less quantity than required	3.17	2
Avoid junk food	2.60	5

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The above table reveals ranking of preference in weight management through food in that highest mean rank is 3.19 which is considered as Rank-1 for intake of food with fewer calories and the lowest mean rank is 2.6, which is considered as Rank -5 for junk food. It can be suggested to give importance in daily food pattern to have a balanced diet along with natural food which helps to be physically active and be healthy for a longer period of time.

**TABLE 10: Cross tabulation between the experience of respondent and physical activity affects job performance**

Experience	Physical activity affects job performance					Total
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Less than 5 Years	3	8	17	3	4	35
6-10 Years	0	3	6	3	2	14
11-15 Years	0	3	3	2	1	9
16-20 Years	1	1	4	0	1	7
Greater than 21 Years	0	0	0	0	0	0
Total	4	15	30	8	8	65

The above table reveals out of 35 respondents of less than 5 years of experience 17 respondents have a neutral opinion about physical activity affects the job performance

#### 4. CONCLUSION

Physical health leads to better mental health. Nowadays organisations are taking steps to maintain better life to their employee through physical activity. Encouraging employees to involve in physical activity brings benefits in both sides. From the organisation point, it reduces absenteeism, increases productivity, maintains the corporate image, lesser turnover etc and from employee side, happier life, lower health care costs, sense of accomplishment, smart look and less stress. To conclude this research even though with a lot of commitments and tasks by the working women, try to involve in physical activity with fun and enjoyment through aerobics, dance, gardening, playing with kids, walking with friends etc., to stay fit and enjoy the life.

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